VANCOUVER metro®

NEWS WORTH SHARING.

Do something great.
Fly somewhere great.

CIBC

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Canadian Breast Cancer Foundation™

LANCÔME
PARIS

CHOOSE YOUR 8-PIECE
GIFT
WITH A PURCHASE OF $36 OR MORE*

*Lancôme gift with purchase of any Lancôme product of $36 or more or $95 or more from August 21 to September 12, 2014. Before taxes. One gift per customer, while supplies last. Components are subject to change. Cannot be combined with any other promotion. All selected items must be different. Value based on Sears regular price per ml/g.

GET MORE!
RECEIVE AN ADDITIONAL GIFT WITH YOUR PURCHASE OF **$95** OR MORE.*

A Trésor EDT 7 ml and a Trésor 50 ml body lotion. A combined value estimated at more than $190.

FROM AUGUST 21 TO SEPTEMBER 12, 2014.

Sears

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

VANCOUVER metro®
NEWS WORTH SHARING.

Lululemon unveils Robson flagship

4,500-square-foot store a testing ground for concepts like portable cashiers and digital product info PAGE 5

IT'S GOING TO BE FABULOUS, DAHLING

MAPS TO THE STARS, STARRING JULIANNE MOORE, IS ONE OF MANY HIGHLIGHTS OF THE UPCOMING VANCOUVER INTERNATIONAL FILM FESTIVAL PAGE 11

PEAK GOLF
Closing for the Season Sale
KITSILANO LOCATION ONLY
Starts Friday August 22nd at 10am
EVERYTHING MUST GO!
ecco · Callaway GOLF · UP TO 80% OFF · TaylorMade · adidas
ALL GOLF SHOES ON SALE
ALL GOLF BAGS ON SALE
ALL APPAREL ON SALE
KITSILANO
2077 West 4th Ave. at Arbutus
604.732.8891 | peakgolf.ca
facebook.com/golfvancouver

Littlefoot, an orphaned grizzly, is released into the wild after being rehabilitated by the International Fund for Animal Welfare. JOHN MARRIOTT/INTERNATIONAL FUND FOR ANIMAL WELFARE

Rehabilitated cub released back into wild

Success story. B.C. initiative has rescued 13 grizzlies over seven years

An orphaned grizzly cub named Littlefoot has been released back into the wild in southeastern British Columbia, part of a pilot project to save bears who have come out on the losing end of interactions with humans.

Conservation officers from the Ministry of Environment found the yearling severely undernourished this spring in an area where a bear was shot dead last year, leading authorities to believe it was his mother that was killed.

Littlefoot hibernated alone through last winter, emerging emaciated this spring.

In June, weighing just 22 kilograms, he was sent to the Northern Lights Wildlife Society near Smithers. Three months and more than 40 kilograms later — almost triple what he weighed when he arrived — he was released in a remote area near Fernie on Tuesday.

"We had no problems with him. He settled in really well and showed no different behaviour than the other bears that we had in our care," said Angelika Langen, the co-founder and manager of the project.

"He was good with the caretaker and quite confident."

Like all grizzly graduates of the rehabilitation program, Littlefoot will wear a satellite collar for 18 months so his progress can be tracked.

Since the program began in 2007, 13 grizzly cubs have been rehabilitated and released back into the wild. The chances for an orphaned cub without some help are not good.

"They either get shot or left out in the wild to fend for themselves, which means they either starve to death or they become prey for a predator," Langen said.

Ministry of Environment statistics show in B.C., 127 grizzlies have been killed by humans over the past 3-1/2 years, not including sport hunting kills.

Though the project has been running for years, it is still in a pilot stage because it remains unclear whether grizzlies raised by humans fare well in the wild.

So far, Langen said, the results are encouraging.

THE CANADIAN PRESS

Earn a Median Wage of
$26.79/Hour
as an AutoCAD Drafting Technician
Statistics from WorkBC. Low Wage: $16.00/hr. High Wage: $40.00/hr.
Complete your Diploma in
LESS THAN 8 MONTHS
100% Practicum Placement • Flexible Schedules
Call Today! 604-901-5121
FREE Info Sessions Mondays and Wednesdays, Burnaby Campus
Better Training. Brighter Future. Brighton College.
www.brightoncollege.com

Get your paws on Optik TV & Internet.

Plus, when you switch to Optik TV™ and Internet, you'll receive:

- FREE PVR rental and 2 FREE digital box rentals†
- Built-in Wi-Fi® to connect all your devices in your home‡
- The most HD channels and movies to entertain the whole family

Call **310-MYTV (6988)**,
go to **telus.com/switch** or visit your **TELUS store**.

TELUS
the future is friendly®

TELUS STORES

Abbotsford
Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission SmartCentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal North
Park Royal South

*Offer available until August 31, 2014, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Offer includes Optik TV Essentials and TELUS Internet 15. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. Cannot be combined with other offers. Offer not available in all areas. Call now for eligibility. †Offer available with a 3 year service agreement; current rental rates apply thereafter. A cancellation fee applies to the early termination of a service agreement and will be $10 for the PVR and digital boxes multiplied by the number of months remaining in the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. ‡Wi-Fi signal reception may vary based on the number of active Wi-Fi devices and available Wi-Fi signals. A Wi-Fi extender may be required. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. Wi-Fi is a registered trademark of the Wi-Fi Alliance. © 2014 TELUS.

UBC

Former prof accused of filming study participants as they changed

A former University of B.C. kinesiology professor has been charged with voyeurism following allegations he filmed participants getting changed for a study.

James Rupert, 57, is facing one count of secretly observing/recording nudity in a private place, in relation to an incident on the UBC campus in April, according to online court documents.

Rupert appeared in Richmond provincial court Tuesday.

Sgt. Drew Grainger, spokesman for the university's RCMP detachment, said Rupert is accused of setting up a video camera in a change room.

"This person was allegedly filming participants in a study at the school of kinesiology as they used a makeshift change room to change out of clothes into fitness clothes to participate in this study," said Grainger.

There were a number of participants involved in the study, said Grainger, but he could not confirm if they were students.

In a statement, UBC spokeswoman Lucie McNeill said the charges "are of serious concern" to the university.

While she could not comment on details of the case as it is before the court, McNeill confirmed Rupert was a faculty member in the school of kinesiology from July 1, 2004, until June 30 of this year, six days after he was charged.

None of the allegations has been proven in court.

THANDI FLETCHER/METRO

And what does this one do?

Prime Minister Stephen Harper looks at a natural gas compressor during a tour at IMW Industries in Chilliwack, B.C., on Wednesday. The company manufactures non-lubricated natural gas compressors and related technology for natural gas fuelling operations around the world. DARRYL DYCK/THE CANADIAN PRESS

B.C. teachers roll dice on cheeky board game

Christy's World.
Educators take frustrations out through satirical game

Two frustrated Metro Vancouver teachers have used their strike downtime to develop a satirical board game aimed at B.C. Premier Christy Clark.

A new Kickstarter campaign aims to fund the production of Christy's World, designed by Jean-Michel Oblette and Loren Letourneau.

The objective is to "crystallize power in an economic superclass by systematically destroying public education, privatizing industry and looking good while you do it."

"We wanted to do a satirical take on the province and teacher dispute," said Letourneau, a high school French immersion and art teacher in Coquitlam.

"It's not meant as a personal attack. It's definitely something to raise an awareness of the larger issues."

In Christy's World, players must race across the province to obtain "Impopularity Chits" in three categories: "cult of personality," complete with photo ops and PR stunts; "blackout," which includes closing public schools; and "private parts," where government privatizes industry.

"It's devastating. We feel pretty powerless, which is why we've done this," said Oblette, a Grade 2 French immersion teacher in Vancouver, referring to the teacher strike's lack of progress.

"If we can't do anything else, we can try and have some fun. We don't have lots of reasons to smile right now."

The Kickstarter campaign's original goal was to raise $50 in funding. At press time, the game had 28 backers and $241 pledged.

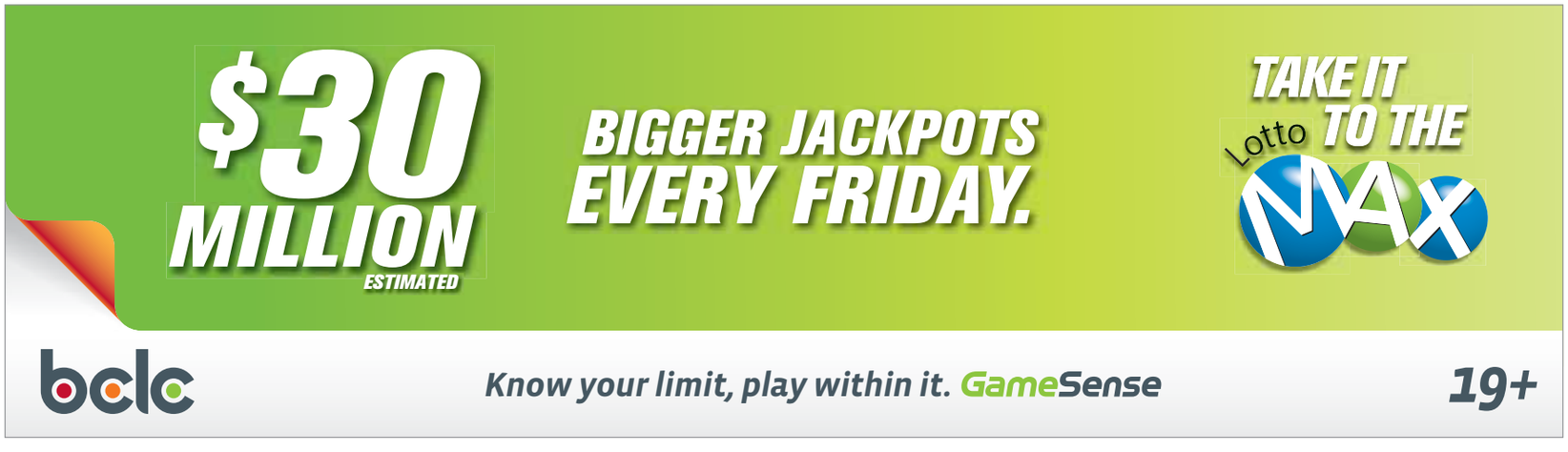
After the campaign ends on Sept. 2, the duo expects to pitch Christy's World to stores and to have it available for purchase online.

A full-scale teachers' strike closed schools two weeks ahead of schedule on June 17, after a phased job action starting in March failed to compel the B.C. Teachers' Federation to agree on a new contract with the province.

Recently, the two sides jointly announced mediator Vince Ready would be lending his expertise to the negotiations. He has met with the teachers and province separately.

But the province's recent promise to parents of $40 a day to help offset daycare costs, should the dispute spill over into the new school year, has cast doubt over the scheduled Sept. 2 school start.

STEFANIA SECCIA/FOR METRO



Mount Pleasant residents sue city over tower at Main and Broadway

A group of residents is taking the City of Vancouver to court over a tower at Main Street that has grown by two storeys since it was approved two years ago.

The Rize project at Main and Broadway — a 19-storey tower with 241 units and 320 parking spots — received the city's approval in 2012 after a controversial and heated public hearing. Yet the development permit board issued a permit in July 2014 allowing the developer to build a 21-storey tower with 258 condo units and 359 parking spots.

The changes may seem relatively minor compared to the scale of the project, but Residents Association Mount Pleasant allege it is a "major change" that would require a new bylaw and, therefore, a new public hearing. The association filed a petition this month asking the B.C. Supreme Court to cancel the development permit, which the group alleges violates the Vancouver Charter.

"Basically it's the principle that something was shown to the public and something else was presented to the development permit board," said Stephen Bohus.

The city has yet to respond to the petition. It refused to comment on the lawsuit on Wednesday because it is before the courts. This petition adds to the onslaught of lawsuits the city is facing from angry residents. EMILY JACKSON/METRO

MADE FOR COFFEE LOVERS
WHO LIKE IT MELLOW.
Enjoy Starbucks Blonde® Roast at home.
You'll find our mildest, lightest roast at your grocery store.
STARBUCKS
BLONDE ROAST
Veranda Blend® • Bright Sky Blend™ • Starbucks Willow Blend®
Available where you buy groceries
© 2014 Starbucks Coffee Company. All rights reserved.

Lisa Giesbrecht of Victoria, B.C., is vying for the title of Ms. Olympia at the international bodybuilding competition in Las Vegas next month. CONTRIBUTED

Female B.C. bodybuilder vying for Ms. Olympia title

She's back. 'It's like the Olympics of bodybuilding' says Ms. Olympia hopeful

THANDI FLETCHER
thandi.fletcher@metronews.ca

In the words of Arnold Schwarzenegger — an Olympia winner himself — when personal trainer Lisa Giesbrecht took to the stage of the prestigious bodybuilding competition in 2012, one thought occupied her mind: I'll be back.

Next month, the Victoria, B.C., personal trainer will realize that dream when she returns to Las Vegas for her second attempt at claiming the title of Ms. Olympia at the international bodybuilding event made famous by Schwarzenegger, who held the title of Mr. Olympia for seven years.

"It's like the Olympics of bodybuilding," she told Metro. "This is the highest. You can't go higher than this."

The muscle-bound mother-of-two is the only Canadian to qualify for this year's female portion of the competition.

Giesbrecht was first introduced to the sport in 2004. Since then, she has performed in major bodybuilding competitions throughout Canada and the United States.

While she has high hopes of taking the Ms. Olympia title this year, Giesbrecht said the competition is stiff.

Her biggest hurdle? Defeating Iris Kyle of the United States, who has won the title eight years in a row.

"Her physique is pretty much perfect," said Giesbrecht.

Giesbrecht said she has a secret weapon — her height — that she hopes will give her a competitive advantage. She's also gained about five to 10 lbs. of muscle since her last Ms. Olympia.

But at 46, Giesbrecht said she is one of the oldest female bodybuilders taking part. While she hopes to finish in the top 10, she said she would also be content just knowing she qualified to compete.

"Just getting here, I could retire now and be quite happy," she said.

Dream come true

"Just getting here, I could retire now and be quite happy."

Lisa Giesbrecht, a personal trainer, on qualifying for the Ms. Olympia bodybuilding competition.

Burnaby. Mayor says NEB ruling won't deter city

The City of Burnaby intends to enforce its bylaws despite a National Energy Board ruling that allows Kinder Morgan to access Burnaby Mountain as it plots a new route for its proposed pipeline.

The NEB released its decision Tuesday, confirming that under federal legislation, Kinder Morgan doesn't need the city's permission to proceed with surveying its preferred Trans Mountain pipeline route through the mountain.

But Burnaby Mayor Derek Corrigan said the decision doesn't prevent the city from enforcing its bylaws.

"While we can't stop them from tramping through the woods, if they do go into areas, or do things that would contravene our bylaws then we would stop their work from continuing," Corrigan said. "We're not going to let them do something that's deleterious to the conservation area and that may be where the rubber hits the road."

Greg McDade, Burnaby's legal counsel, said the board didn't grant Kinder Morgan an access order, and also didn't answer the city's constitutional challenge as to whether the federal National Energy Board Act can override the city's jurisdiction or bylaws.

STEFANIA SECCIA/FOR METRO
WITH FILES FROM THE CANADIAN PRESS

West End. Man jumps from balcony to escape home invader with gun

Police are still searching for the suspect in a targeted home invasion on Tuesday afternoon, where a man jumped from a West End apartment balcony to escape an intruder with a gun.

The man with the gun forced his way into a suite near Davie and Denman around 3:30 p.m., according to police.

One of the victims fled to a nearby restaurant to call 911 while a second jumped from the balcony, sustaining minor injuries in the fall.

Two additional victims, a man and a woman, were found uninjured inside the building.

Two of the victims, both men in their 20s, are known to police. Police believe the invasion was targeted. They continue to search for the suspect.

EMILY JACKSON/METRO

Deficit

RCMP makes cuts to gang unit

Cuts will be made to the province's integrated gang unit due to a $4.2-million deficit, RCMP announced Wednesday.

Deputy Commissioner Craig Callens, commanding officer of RCMP in B.C., confirmed in a statement that the Liberal government has cut back the 2014-2015 provincial policing budget and that Mounties would have to make cuts to service.

The Combined Forces Special Enforcement Unit will cut 12 positions and reduce assistance to partner agencies, Callens said.

MATT KIELTYKA/METRO

Lululemon executive vice-president of retail operations in North America, Delaney Schweitzer, at the retailer's new flagship store at Burrard and Robson. EMILY JACKSON/METRO

Lululemon's new flagship sets sale

Robson & Burrard.
New digs for yoga giant

EMILY JACKSON
emily.jackson@metronews.ca

Lululemon may have aspirations to get yogis around the world into its stretch pants, but that doesn't mean it's uprooting from its hometown.

The yoga and athletic wear giant is celebrating the grand opening Thursday of its flagship store — its largest ever — on one of Vancouver's most coveted shopping intersections: the corner of Robson and Burrard.

It's using the store to test out unique ideas, including a separate men's entrance (no, they don't have to use it), personalized products for men, screens with product information in the change rooms and portable cashiers so customers can check out anywhere.

"It's so cool that we can cater to our men's business in a different way … it's almost a whole other store on their own, which is a big part of our future plans," said Delaney Schweitzer, executive vice-president of retail operations in North America.

"We want to do as much as we possibly can in this store and just have this lead us globally," Schweitzer said Wednesday at the already bustling 4,500-square-foot store.

Lululemon has been eyeing the spot on Canada's second priciest retail strip (Toronto's Bloor Street tops the list) for two years, she said.

Schweitzer, who started working at Lululemon in 2002 when there were only 15 employees and a sole store in Kitsilano, said the company has stayed rooted within the Vancouver culture as it hires people from around the world and focuses on international expansion.

"The growth has been unbelievable, and yet I still feel like we're a small company," she said.

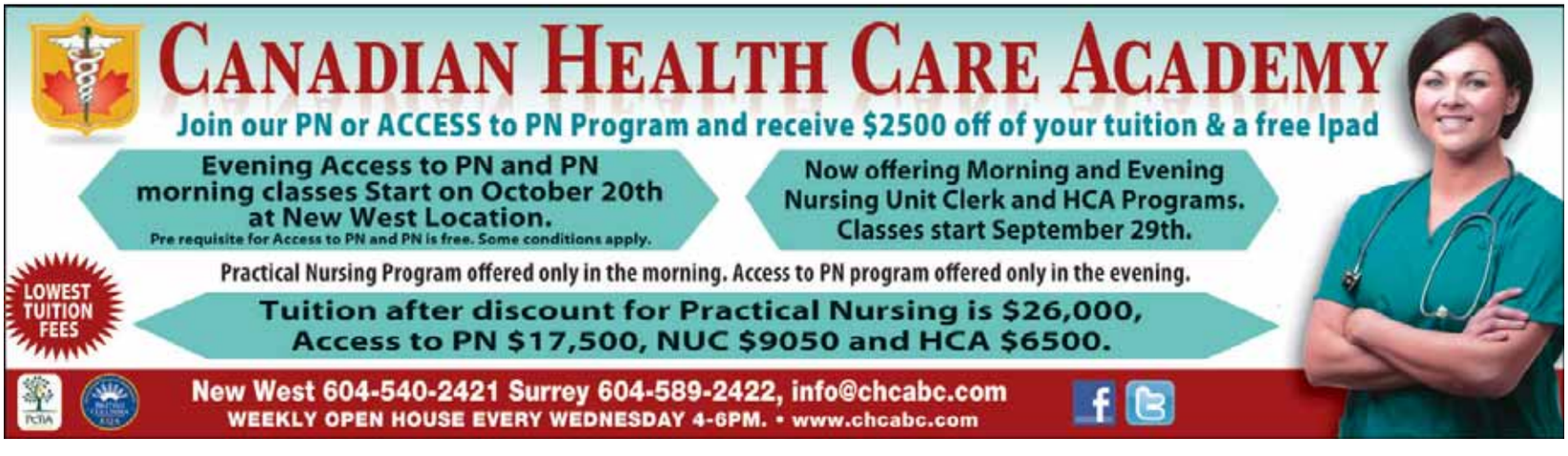
That doesn't mean the company hasn't faced challenges. Its stock price plummeted in 2013 after a see-through pants scandal. Also in 2013, local founder Chip Wilson stepped down after making comments about the type of women who are suited for the pants.

This month, Wilson stepped further away from the company, selling half his remaining stock for about $845 million.

But Lululemon is focused on international growth and its North American stores, Schweitzer said.

"Change happens to all companies. I actually believe that for us it's just about investing in new things," she said.

To celebrate the new store, Lululemon is shutting down Robson Street to host a free Coastal Om yoga class on Thursday at 7:30 p.m. (Bring your own mat.)


CANADIAN HEALTH CARE ACADEMY
Join our PN or ACCESS to PN Program and receive $2500 off of your tuition & a free Ipad
Evening Access to PN and PN morning classes Start on October 20th at New West Location.
Pre requisite for Access to PN and PN is free. Some conditions apply.
Now offering Morning and Evening Nursing Unit Clerk and HCA Programs. Classes start September 29th.
Practical Nursing Program offered only in the morning. Access to PN program offered only in the evening.
LOWEST TUITION FEES
Tuition after discount for Practical Nursing is $26,000, Access to PN $17,500, NUC $9050 and HCA $6500.
New West 604-540-2421 Surrey 604-589-2422, info@chcabc.com
WEEKLY OPEN HOUSE EVERY WEDNESDAY 4-6PM. • www.chcabc.com

MOTORIZATION SALE EVENT

BLINDS, SHADES, SHUTTERS, DRAPES & MORE!

SAVE HUNDREDS OF DOLLARS WHEN YOU ADD MOTORIZATION*

PLUS, BUY 3 WINDOW COVERINGS AND GET 1 FREE*

CONTACT YOUR LOCAL STYLE CONSULTANT TO GET STARTED TODAY!

BUDGET BLINDS DOES IT FOR YOU, SO YOU DON'T HAVE TO.

1 EXPLORE YOUR CHOICES
2 PROFESSIONAL MEASURING
3 PROFESSIONAL INSTALLATION
4 BEST WARRANTY IN THE INDUSTRY

BudgetBlinds.ca | 877-758-4929

Budget Blinds

Canada's #1 choice for window coverings.

*Offer good on selected Signature Series® window treatments only. Discount applies to lesser priced item. Ask for details about motorized coverings. Offer valid at participating franchises only and at time of initial estimate only. Not valid with any other offers, discounts, or coupons. Some restrictions may apply. Valid for a limited time only. ©2014 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated.

This November 2012 file photo shows American journalist James Foley while covering the civil war in Aleppo, Syria.
COURTESY NICOLE TUNG, FREEJAMESFOLEY.ORG/THE ASSOCIATED PRESS

Obama vows U.S. 'will be relentless'

Killing of American journalist. President's remarks affirm U.S. will not stop attacks on Islamic State militants

The United States stood firm Wednesday in its fight with Islamic State militants who beheaded a U.S. journalist in Iraq, pledging to continue attacking the group despite its threats to kill another American hostage.

The U.S. military continued its airstrikes against the group as U.S. President Barack Obama denounced the group as a "cancer" threatening the entire region.

"We will be vigilant and we will be relentless," he said.

Calling for a global response to the group that now controls territory in both Iraq and Syria, Obama condemned the group's execution of journalist James Foley, whose death he said had left America heartbroken. In forceful remarks, Obama accused the Islamic State of torturing, raping and murdering thousands of people in "cowardly acts of violence."

"ISIL speaks for no religion," Obama said, using an alternative name for the Islamic State.

"Their victims are overwhelmingly Muslim, and no faith teaches people to massacre innocents. No just god would stand for what they did yesterday and what they do every single day."

Since the video was released Tuesday, the U.S. military has pressed ahead by conducting nearly a dozen airstrikes on Islamic State targets in Iraq.

THE ASSOCIATED PRESS

Social media

Twitter is trying to block the spread of gruesome images of the beheading of journalist James Foley, while a movement to deny his killers publicity is also gaining momentum.

- In a tweet, Twitter CEO Dick Costolo said his company "is actively suspending accounts as we discover them."
- Twitter users opposed to spreading the images are using the hashtag #ISISMediaBlackout.

Hamas chief escapes airstrike that killed wife, son, group says

Hamas' shadowy military chief escaped an apparent Israeli assassination attempt that killed his wife and infant son, the militant group said Wednesday as Israel's prime minister warned that the bombardment of Gaza will continue until rocket fire out of the Palestinian territory stops.

The airstrike on a home where Mohammed Deif's family members were staying — and the tough talk from Prime Minister Benjamin Netanyahu — came after the collapse of ceasefire talks in Cairo on Tuesday.

In a nationally televised address, Netanyahu showed little willingness to return to the negotiating table after six weeks of war with Hamas.

"We are determined to continue the campaign with all means and as is needed," he said, his defence minister by his side.

After remaining quiet for most of the day Wednesday, Hamas officials announced that Deif was not in the targeted home at the time and was still alive. Deif has survived multiple assassination attempts, lives in hiding and is believed to be paralyzed from previous attempts on his life.

In a televised statement, Abu Obeida, the spokesman for Hamas' military wing, warned international airlines against flying into Israel starting Thursday.

THE ASSOCIATED PRESS

Airstrikes

100

Israeli military says it has carried out nearly 100 airstrikes on Gaza targets, and Palestinians have fired more than 140 rockets at Israel since the truce fell apart.

Baird's tweets not bilingual enough?

Probe. Official language watchdog investigates after complaints MP posts too much in English

Foreign Minister John Baird's Twitter account is being probed.
MARKKU ULANDER/AFP/GETTY IMAGES FILE

Canada's language watchdog is investigating Foreign Affairs Minister John Baird's Twitter account following a complaint the Conservative MP posts most of his messages in English without enough French.

The probe by official languages commissioner Graham Fraser has puzzled officials in Baird's office and department.

"We are surprised that the official languages commissioner has chosen to investigate the minister's personal Twitter account that falls outside of the scope of the act," said Baird's spokesman, Rick Roth. "The minister's personal Twitter account is just that, his personal account. That said, he tweets from that account in both of Canada's official languages."

Baird, who represents an Ottawa riding in Parliament, uses his Twitter account regularly to inform Canadians with a mix of messages about government business and personal observations.

For example, this week he tweeted in both English and French about the conflict between Israel and Hamas. In recent weeks, some of his tweets have included English-only messages about the death of actor Robin Williams and his return home from a trip, to a cup of Tim Hortons coffee.

Fraser told Baird's department in a July 31 letter that it was looking into the Twitter account to determine whether the government was respecting the "spirit" of federal language legislation.

TORSTAR NEWS SERVICE

Minks hijinks. Animals freed from Quebec farm at heart of possible abuse

As many as a few thousand minks could be on the loose in Quebec after someone broke into a fur farm and released animals.

The farm is at the heart of allegations of animal mistreatment.

Provincial police say they are investigating after the overnight release of the minks. Spokeswoman Joyce Kemp says the owner noticed Wednesday morning that the minks had been released from their pens.

A spokesman for the Forests, Wildlife and Parks Department says the exact number of minks on the lam is unclear, but that there could be a few thousand.

Animal advocates like the Montreal SPCA and Humane International Canada had called on the government last week to seize the animals because of their poor health and substandard living conditions.

The province chose to keep the animals under close supervision at the facility and work with the owner.

THE CANADIAN PRESS

fido

A home phone for less

Get Fido Home Phone and save

$15 per month[1] For Fido customers

No long distance fees

› Unlimited Canada-wide Calling[2]
› Call Display, Voicemail, Call Forwarding[3]
› Call Waiting and Conference Call
› No technician visit required
› Keep your existing phone number (in most areas)[4]
› Keep your existing home phones

Fido Home Phone device required.

It's time to switch. | Call 1-866-301-3436 | Visit fido.ca | Find a store at fido.ca/storelocator

Offer subject to change without notice. Taxes extra. Savings established in comparison to traditional providers. **1.** Available only to existing Fido customers with a monthly plan including voice services with an invoice (prepaid and data-only plans excluded). Price for other customers is $30 per month. Additional airtime, international long distance, roaming, add-ons and taxes are extra and billed monthly. ZTE Home Phone device required and is sold separately ($40). Service intended for use on the Fido network only (cannot roam with the device). SIM included with device is locked to and may only be used with the ZTE Home Phone device. Home phone device accesses phone service over the Fido network. For important wireless 9-1-1 information, visit **fido.ca/911**. Corded or cordless landline home phone equipment is not included. Not compatible with some services. **2.** Canada-wide calling includes calls from Canada on the Fido network to Canadian numbers. Subject to the Fido Terms and Conditions and Acceptable Use Policy; **fido.ca/terms**. **3.** Call Forwarding includes up to 2,500 minutes to Canadian numbers. **4.** Depending on your location, it may not be possible to port your number to Fido; visit **fido.ca/portability** to check eligibility. © 2014

ASUS recommends Windows.

Flip your school year upside down.

ASUS Transformer Book Flip

Introducing the all-new ASUS Transformer Book Flip, the laptop with a 360° rotating HD touchscreen. Designed for ultimate flexibility with a screen that can be set at any angle, you can use it as a laptop for work, a tablet for games, or a media stand for movies and presentations.
Expect more from your laptop.

Work easy. Play hard. Windows

ASUS IN SEARCH OF INCREDIBLE

© ASUS Computer International. All Rights Reserved. ASUS is a registered trademark of ASUSTeK Computer. All specifications are subject to change without notice. Products may not be available in all markets.

Joanie Pelzer poses with her dog Hubbell, a nine-year-old Chihuahua, in New York in May. DANA HUMPHREY/THE ASSOCIATED PRESS

Must love dogs

Is a dog eating your meal a deal-breaker?

Then this new breed of online dating site may not be for you

On these dating sites, a passion for pets will help you find more than just puppy love.

Sites like PetsDating.com and YouMustLoveDogsDating.com have found a new niche as singles flock to computers and smartphones to find relationships, connecting dog owners to potential mates who enjoy long walks in the dog park and slobbery canine kisses as much as they do. Many of the sites encourage users to bring their dogs on first dates to break the ice or size up canine chemistry.

Many dating sites cater to religious, cultural and political preferences but won't focus as heavily on interests like pets, music or travel, said Karen North, a professor of social media at the University of Southern California's Annenberg School of Journalism.

"If you find somebody with the same lifestyle passion, you don't have to start out at square one," North said.

When Joanie Pelzer signed up with a dog-friendly online dating service a few years ago, she was honest about her Chihuahua — he likes people more than other dogs, craves attention, steals food and can't stand to ride in the backseat of a car.

Even a man who loved animals as much as she did couldn't keep up with her dog's quirks. On their first date, her Chihuahua, Hubbell, stole the man's breakfast as they drove from New York City to Long Island. They had only one more date.

"I still wonder if Hubbell didn't have something to do with that," said Pelzer, 47, an actress who runs her own social-media company and met the man on PetsDating.com.

Despite that setback, having a common interest such as pets can help the search for love.

"Having a theme that is ... about one's passion makes it feel like you are looking for a needle in a smaller and far more relevant and appealing haystack," said Michal Ann Strahilevitz, a professor of marketing at Golden Gate University in San Francisco.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.15¢ (-0.23¢)

TSX
15,561.95 (+84.78)

OIL
$96.07 US (+$1.59)

GOLD
$1,295.20 US (-$1.50)

Natural gas: $3.83 US (-$0.04)
Dow Jones: 16,979.13 (+59.54)

DR. MAZEROLLE'S GUIDE TO HEALTHY LIVING

HE SAYS

John Mazerolle
metronews.ca

My doctor wants to undergo a check-up soon, the sort where he treats me like a used car: inspecting the chassis, taking a peek inside and deciding that the motor is not what it used to be.

But I'm not complaining; I need my tires kicked from time to time. Like a car, I'm not a self-starter. I don't clean my apartment unless I know someone's coming over (so, never), and I don't start flossing until I can hear the dentist's footsteps in the next room.

I need to know somebody is going to check up on me or it all goes to hell. So I'm thankful my doctor periodically tells me the various ways I've ruined my life and the excruciating ways I can fix it. Otherwise, it would be worse.

Entering middle age might mean my body is failing, but — lucky you! — my brain is functioning at a youthful level of smugness that allows me to decide how *you* should live *your* life.

Follow these tips for healthy living and you'll leave your check-up with a shiny new inspection sticker from the DMV (Department of Metaphors Vexatious). Vroom vroom.

Highway to Health:
Dr. Mazerolle's guide to healthy living:

Love yourself. Nobody else will do it for you, because you're sort of irritating.

Keep hydrated. Did you know we are 60 per cent water? Try to limit urination, bowel movements, perspiration and breathing to keep all that precious water inside.

Get enough sleep. Notice how much energy teenagers have? It's because they sleep a minimum of 20 hours a day, plus naps. Follow suit and you'll have teen angst, flashes of anger and unwanted sexual feelings just like the good old days.

Meditate. Sitting uncomfortably in one spot, doing nothing and trying to stop even thinking might seem like a colossal waste of time — but not if you meditate about it, apparently.

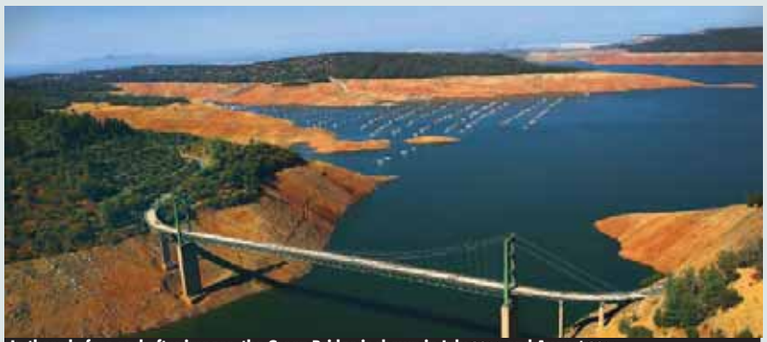
Exercise. Research has shown that the best, most natural rhythm for exercise is a whole bunch of gym visits in January, then a couple in February, then nothing until early summer when you jog outside a couple of times.

Don't binge-watch. Instead, watch small TV shows throughout the day. Stop whenever you feel emotionally satisfied.

Lose weight. Drop your partner and that's 150 pounds right there, am I right? No, seriously, if you break up with your husband or wife you will lose 30 pounds. Ask your doctor if divorce is right for you.

Whatever Dr. Oz says. Kale and magnets together, probably. Go for it. He's a doctor.

A tale of two Californias



In these before-and-after images, the Green Bridge is shown in July 2011 and August 2014.
TOP: PAUL HAMES/CALIFORNIA DEPARTMENT OF WATER RESOURCES VIA GETTY IMAGES; BOTTOM: JUSTIN SULLIVAN/GETTY IMAGES

Drought continues to wreak havoc

A wildfire that scared a community near Yosemite National Park has been tamed by firefighters after some early surges, and some of the more than 1,000 people who fled from their homes have returned.

"We're not seeing the fire expand like we thought," Madera County Sheriff John Anderson said Tuesday after crews had the fire 35 per cent contained.

The fire comes amid California's third straight year of drought, creating tinder-dry conditions that have significantly increased the fire danger around the state and sent firefighters scrambling seemingly non-stop from blaze to blaze.

THE ASSOCIATED PRESS

Challenge challenged

For some, watching people douse themselves with ice water flies in the face of the conservation rhetoric being stressed by officials.

- On Monday, L.A. officials announced that they are beefing up their water-wasting patrols.

LATIMES.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 24 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Bucket #fail list

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's difficult to be too hard on the Ice Bucket Challenge because it's been a fundraising bonanza for ALS, even if the connection is accidental. But now that sports execs and former U.S. presidents are jumping on board, a lot of us are ready for the whole thing to pass. But first, let's wrap up the trend with a collection of frigid foibles and ice bucket calamities endured by less-successful contestants. It's a nice palate-cleanser to get us ready for the next — and hopefully just as successful — charitable shenanigans. Note: there's one instance of some salty language here. Surprisingly, it's not the guy holding a Jameson bottle. (Boredom Bash/YouTube)

ISTOCK

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

iPhone 5S

Head back to school with iPhone on Canada's largest LTE network.[1]

We've got back-to-school covered with iPhone on Canada's largest LTE network.[1] Blazing-fast download speeds make researching that essay a breeze. 110 TV channels[2] available anywhere you are make chilling after school easier than ever.

$99.95[3]

2-year Plus plan with data
$729.95 no term

Visit a Bell store for our best service and selection.
1 888 4-MOBILE • bell.ca

Bell back to school just got better

Get expert advice today.
Visit a Bell store near you:

LOWER MAINLAND

ABBOTSFORD
Sevenoaks Shopping Centre

BURNABY
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown

CHILLIWACK
Eagle Landing Shopping Centre
Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DAWSON CREEK
600 113th Ave
Dawson Mall

DELTA
Scottsdale Centre
Sunshine Village

FORT ST. JOHN
7920 Alaska Rd.
Totem Mall

LANGLEY
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
Aberdeen Centre
Richmond Centre
Richmond Centre II

SURREY
13630 -72 Ave.
8363 -128th St
Central City Shopping Centre
Clover Square Village
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre

VANCOUVER
1147 Robson St.
698 West Broadway
1588 West Broadway
1008 West Georgia St
2065 West 41 st Ave.
2154 West 4th Ave.
Capilano Mall
Lynn Valley Centre
Oakridge Centre
Pacific Centre
Park Royal S.

OKANAGAN

KAMLOOPS
Aberdeen Mall
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

VERNON
Village Green Mall

VANCOUVER ISLAND

NANAIMO
Country Club Centre
Woodgrove Centre

VICTORIA
3500 Uptown Boulevard
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Tillicum Centre
Westshore Town Centre

Also available at:

The Source I WANT THAT · Best Buy · Future Shop · The Mobile Shop · Mobile · booth the telephone booth · Visions · Wireless Wave

Offer ends September 30, 2014. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly charges, e.g., 911 (NB: $0.53, NS: $0.43, P.E.I.: $0.70, AB: $0.44). Additional one-time fees may apply to activate a new device ($15 connection charge), unlock a phone and other transactions. See bell.ca/onetimefees for details. SIM card charge ($4.95) may apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. **(1)** Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. **(2)** Available with a Bell TV and Bell Mobility post paid plan with the Mobile TV add-on. Mobile TV includes 10 hours/mo., $3/hr thereafter. Content and channels subject to change without notice and blackout periods may apply. Select live channels and on demand programming from your Bell TV subscription are available and content viewed over Wi-Fi at home may vary and will count towards your monthly Internet data usage. See bell.ca/tvanywhere. **(3)** Available with new activations or upgrades of the 16GB version with $80/mo. spend before tax ($60/mo. plan + $20/mo. for 500MB data) or a $60/mo. plan if adding to an existing account. Promotional pricing may apply; visit bell.ca/rateplans for details. Apple and iPhone are trademarks of Apple Inc.

Cronenberg's Hollywood satire among highlights at film fest

Feature flicks. Award-winning films include Mommy, Exit and Maps to the Stars, which took the Best Actress title at Cannes for Julianne Moore

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Last week in this space I rattled off some of the award-winning films from Cannes that you'll be able to see at the Vancouver International Film Festival, which starts at the end of next month.

This week, I cover six more award-winning films that will be playing at the 16-day festival.

Maps to the Stars
Canada/France/Germany
Winner, Best Actress, Cannes (Julianne Moore)
Canuck auteur David Cronenberg returns with a satire about the Hollywood glitterati's "vanities, psychoses and foolish belief that the past can be rewritten." Starring Julianne Moore, John Cusack, Mia Wasikowska and Robert Pattinson.

Mommy
Canada/France
Winner, Prix du Jury (ex aequo), Cannes
It's Xavier Dolan's tale of a woman and her delinquent son. Variety calls it "a funny, heartbreaking and, above all, original work."

Film Fest Facts

The 33rd annual Vancouver International Film Festival runs Sept. 25 to Oct. 10.

- **Film lineup.** The full festival program will be available Sept. 4.
- **Advance sales.** The box office opens Sept. 4 online at viff.org, or in person Sept. 13 at Vancity Theatre, 1181 Seymour St., from noon to 7 p.m.

Living Is Easy With Eyes Closed
Spain
Winner, Best Film, Best Screenplay, Best Actor, Goya Awards
Set in Spain in 1966, this whimsical dramatic comedy follows a hapless English teacher who hits the road in an effort to meet his idol John Lennon. The Hollywood Reporter calls it a "small gem (that) offers a lovely evocation of Spain, as well as a touching tribute to an unforgettable moment in time."

Sacro Gra
Italy/France
Winner, Golden Lion, Venice
Another film that proves good stories are all around us, this documentary follows the eccentric characters who reside along the ring road that encircles Rome. The Hollywood Reporter says its "recurring characters, almost all of them funny in an absurd, gentle way, make this intelligent film a curious outsider ..."

Julianne Moore, left, and Sarah Gadon in a scene from David Cronenberg's Maps to the Stars. CONTRIBUTED

To Kill a Man
Chile/France
Winner, World Cinema Grand Jury Prize: Dramatic, Sundance
A bullied man wrestles with the moral implications of revenge. The Guardian says, "A terrifically tense first half (that) culminates in a truly brilliant scene ... (and it) all ends with a dramatic pop as sharp as the first of only two gunshots in this menacing, morally agnostic film."

Exit
Taiwan/Hong Kong/China
Winner, Best Feature, Best Actress, Taipei Film Awards
An urban drama about a woman whose "romantic imagination strains against the boundaries of a downwardly mobile working women's life."

Robert Pattinson in a scene from Maps to the Stars. CONTRIBUTED

ENTER AND YOU COULD
WIN*
FREE FUEL
FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14.
For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012
instaloans

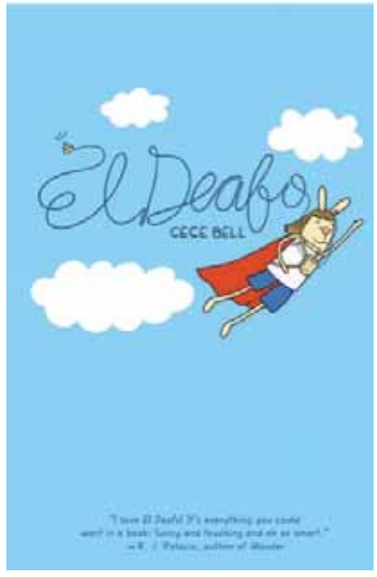
Graphic impact

Last month, the Statistic Brain published an extensive study reporting just how much people are reading. As it turns out, they're not reading very much at all. Eighty per cent of people in the U.S. haven't bought a book in the past 12 months, and 42 per cent of high school graduates will never read another book after they graduate. But graphic novels seem to be a bright light amidst all the gloom: Their popularity is soaring, and they are perhaps the only genre that can draw in everyone from intellectuals to those who would normally shy away from picking up a book. Part of the appeal, of course, is that graphic novels can address complicated issues in a fresh, relatable way. Here, we round up some of the best new releases.

BY EMILY LAURENCE
Metro in New York City

El Deafo by Cece Bell

Out next month (Sept. 2), El Deafo is the author and illustrator's true story of her experience living with a hearing impairment while also dealing with being the new kid at school. Even when going through the ups and downs of getting a new hearing aid, Cece is more focused on what any kid at that age wants: finding friends and being accepted. This book is aimed at middle schoolers but its poignant story is one people of all ages will enjoy and can learn from.



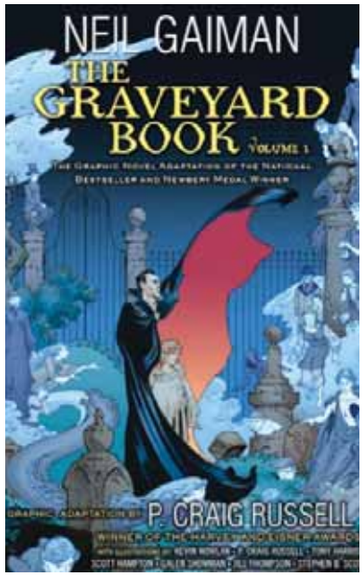
Satan's Prep by Gabe Guarente, illustrated by Dave Fox

High school is hell for a lot of people, but for 17-year-old Trevor it is literally hell. He has to get at least a D to be transferred from this holding place for lost souls to Purgatory. Any teen who finds school less than desirable (so ... most?) will enjoy the cast of characters, gallows humour and carefully crafted illustrations in this newly released book.

MEMBERS GET UNLIMITED FOR $40/mo.
+ MEMBERS GET EXCLUSIVE DEALS LIKE
2-FOR-1 MOVIE TICKETS
CINEPLEX.COM
20% off at H&M
virginmobile.ca
Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.
BURNABY
Brentwood Town Centre
604-205-9244
Metrotown Centre
778-329-0440
604-456-0449
RICHMOND
Aberdeen Centre
604-234-1136
Richmond Centre (North)
604-247-1153
SURREY
Central City
604-495-2275
Guildford Town Centre
604-582-9276
Hillcrest Crossing
604-576-7781
Limited time offer. Offers and Member Benefits can end or change at any time without notice. Monthly 911 charges apply in AB (44¢), NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). If you cancel your Commitment Period early, an Early Exit Charge will apply. See your Agreement for details. Cannot be combined with other offers, unless otherwise stated. Canada-Wide Calling is valid only when calls are made from Canada to a Canadian phone number. Unlimited Text and Picture Messaging is valid only when sent from Canada and excludes premium texts. Additional data is $5/100 MB. Some phones and colours may not be available at retailers.

The Graveyard Book: Volume 1 by Neil Gaiman, graphic adaptation by P. Craig Russell

The Graveyard Book is already an award-winning No. 1 New York Times bestseller, but this graphic novel adaptation introduces the story to teens who might not normally have picked up the original. Through witty language and skillful, colourful art, the book tells the story of a boy living in a graveyard and being raised by beings who are neither living nor dead.

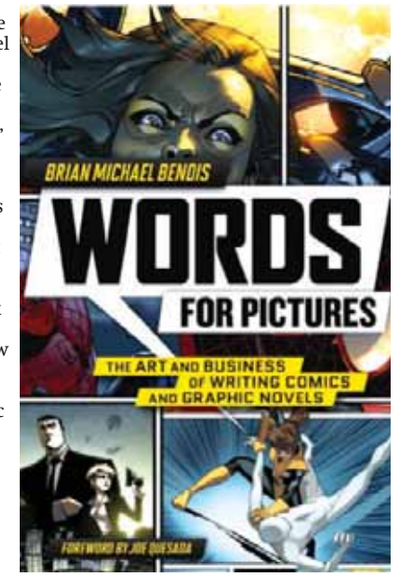


Can't We Talk About Something More Pleasant? by Roz Chast

The New Yorker cartoonist released this book, her memoir, in graphic novel form, largely focusing on her aging parents' last days. Like the cartoons she is famous for, it's both humorous and quite sad. Chast succeeds in taking a complicated issue almost everyone will go through and making it deeply personal and relatable.

Words for Pictures by Brian Michael Bendis

One of the most respected graphic novelists and comic book creators is now divulging his secrets. In his new book Words for Pictures, Brian Michael Bendis — who worked on many of the great Marvel Comics, such as The Avengers, Spider-Man, X-Men and Guardians of the Galaxy — gives fans an inside look at the graphic novel and comic book industry, sharing how he carefully crafts these comic strips.



SAMSUNG
$40/mo. SILVER PLAN GETS YOU:
• UNLIMITED Calling on Weekends & Evenings from 5pm
• UNLIMITED Text & Picture Messaging across Canada & to the US
• UNLIMITED International Text Messaging
• 300 Canada-Wide Minutes
• 300 MB of Data
• Voicemail & Call Display
Samsung GALAXY S III™
Virgin mobile
IT'S BETTER TO BE A MEMBER

16016 Fraser Hwy
778-590-1899

South Point Exchange @ High Street
604-535-5507

A1 Wireless Inc
604-594-8999

VANCOUVER
Cambie & Broadway
604-235-4250

Robson Street
604-678-4690

Oakridge Centre
604-263-7974

Pacific Centre Mall
604-484-4045

Samsung and Samsung Galaxy S3 are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission.
© 2014 Samsung Electronics Canada, Inc. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2014 Virgin Mobile.

Frank Miller traces his unlikely success

Sin City 2. Series creator tells Metro how he kept drawing despite the doubters who didn't believe in his style of crime comics

NED EHRBAR
Metro World News in Hollywood

Frank Miller's comics career is a long and storied one, with Sin City being one of his most individual creations.

Here, in his own words, is his journey toward creating the series — and its unlikely jump to the silver screen courtesy of Robert Rodriguez:

On his influences

"I grew up on Superboy comics, and then Spider-Man and that sort of thing, and after a while they started to seem kind of juvenile to me and I lost interest. But I kept drawing. Meanwhile, what I was reading were things like Mickey Spillane and Raymond Chandler. So the two loves merged into doing crime comics, which I thought was just an absolute natural and would go over big.

On his struggles

"I moved to New York, was told to go back home. 'We don't need you. Go pump gas. You're from Vermont. We've got news for you: You're not drawing guys in tights.'

"So I had to learn how to draw guys in tights, and I put them into as many crime situations as I could.

On staying true to what he wanted to do

"Then after working in comics and gaining some notoriety and then working in Hollywood, I sat down and decided I would just please myself, and I would do the one comic book that could not possibly be turned into a movie.

"And it ended up being Sin City. Then (Robert Rodriguez) shows up."

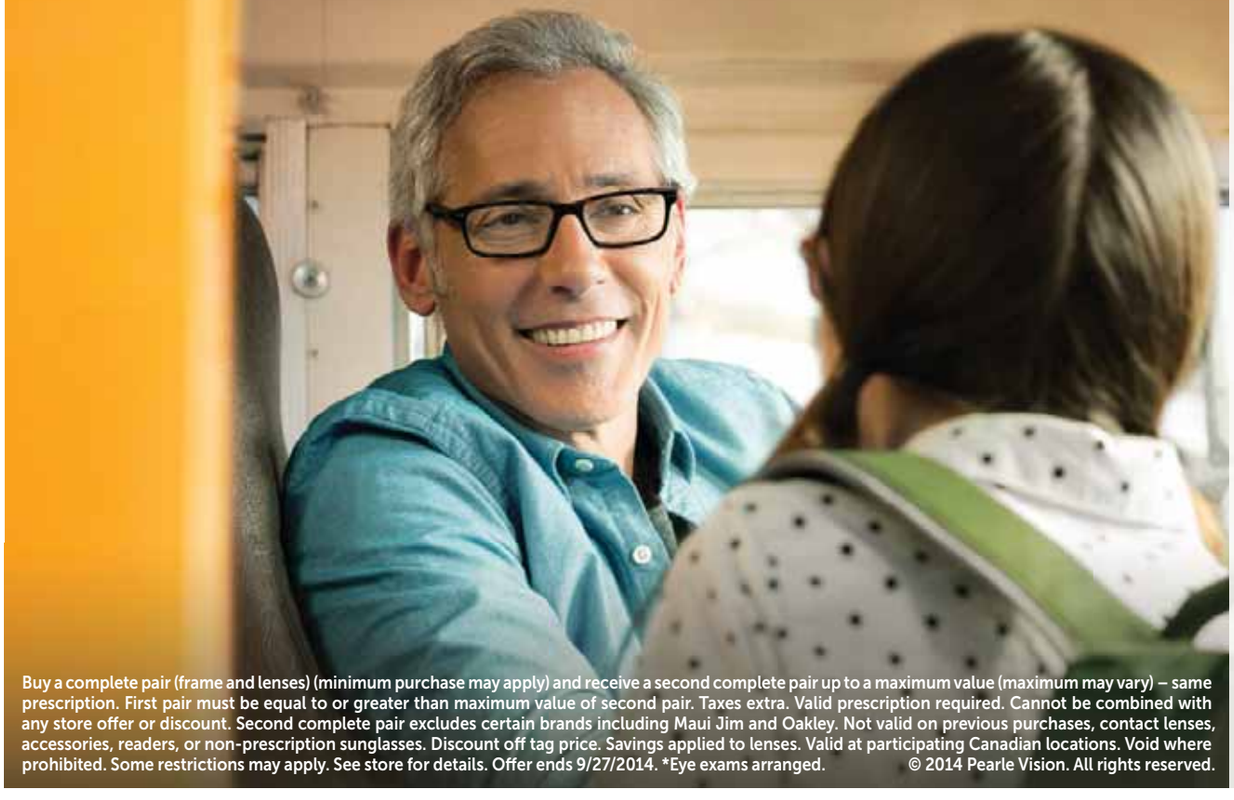
All about Alba

Of all the intense characters in the Sin City universe, vengeful stripper Nancy, played in both films by Jessica Alba, might be his favourite — thanks in large part to Alba's performance. He's found it so inspiring, in fact, that he's eager to get to work on a third film. "The original working title for Jessica's story was Nancy's Last Dance, because she had been the abused victim, she had been through the wringer, and she had ended up as many women in her situation do, which is an exotic dancer," Miller says. "This time, she turns into something else. And I've already got her next chapter planned, so please show up for the second movie."

Frank Miller, left, with the cast and director of Sin City 2. GETTY IMAGES

GENUINE IS

HELPING JEFF'S EYES SPOT EVERYTHING FROM SPITBALLS TO STOP SIGNS.



BUY ONE GET ONE FREE

On a complete pair of eyeglasses or Rx sunglasses

VISIT PEARLEVISION.CA TO ARRANGE YOUR EYE EXAM*

PEARLE EST. 1961 VISION℠

THIS IS GENUINE EYE CARE™

Most major vision plans accepted

Buy a complete pair (frame and lenses) (minimum purchase may apply) and receive a second complete pair up to a maximum value (maximum may vary) – same prescription. First pair must be equal to or greater than maximum value of second pair. Taxes extra. Valid prescription required. Cannot be combined with any store offer or discount. Second complete pair excludes certain brands including Maui Jim and Oakley. Not valid on previous purchases, contact lenses, accessories, readers, or non-prescription sunglasses. Discount off tag price. Savings applied to lenses. Valid at participating Canadian locations. Void where prohibited. Some restrictions may apply. See store for details. Offer ends 9/27/2014. *Eye exams arranged. © 2014 Pearle Vision. All rights reserved.

The Jungle Book: Origins
Benedict Cumberbatch to voice Shere Khan

The Andy Serkis adaptation of The Jungle Book, due from Warner Bros in 2016, will have Sherlock star Benedict Cumberbatch as its prowling tiger, Shere Khan.

As a cast member on Star Trek Into Darkness and The Hobbit: The Desolation of Smaug, Cumberbatch is no stranger to generously budgeted blockbuster filmmaking, and Jungle Book: Origins will see him team up with The Hobbit second unit director Andy Serkis once again.

For Serkis, Jungle Book: Origins will mark his first full directorial debut, making good use of his experience with motion capture and computer-generated imagery, with a release date of Oct. 21, 2016.

In contrast, Disney's version of the Rudyard Kipling classic, named The Jungle Book and due Oct. 9, 2015, has The Wire and Pacific Rim icon Idris Elba. As one would expect for the more imminent production, a cast list for The Jungle Book is much more complete, with Mowgli — newcomer Neel Sethi — surrounded by the likes of Bill Murray as Baloo, Scarlett Johansson as Kaa, Lupita Nyong'o as Rakcha and Christopher Walken as King Louie. AFP

Benedict Cumberbatch
AFP

Hollywood

Sigourney Weaver to star in A Monster Calls

Sigourney Weaver is set to play grandmother in A Monster Calls. The actress will join Liam Neeson and Felicity Jones on the set of the film adapted from Patrick Ness's children's book, reveals the Hollywood Reporter.

The children's fantasy novel tells the story of Conor, a 13-year-old boy struggling to come to terms with his mother's terminal cancer. It's set for release Oct. 14, 2016.

Ant-Man adds rapper T.I. to cast

Marvel's 2015 project Ant-Man adds rapper and actor T.I. to its personnel, as well as actors from Boardwalk Empire, Archer and Mad Men.

T.I. is releasing his ninth major label hip-hop album — Paperwork: The Motion Picture — in September. AFP

BCIT works.

ADVANCE YOUR CAREER. STUDY PART TIME.

Realize your career goals. Our flexible part-time courses make it easy for you to get some extra training, finish that degree, or explore a new career.

Register today.

bcit.ca/pts

BCIT

Now's the time for a *Disneyland* Resort vacation!

The happiest place on earth keeps getting happier! Enjoy free nights when you book a WestJet Vacations package at select *Disneyland* Resort Good Neighbor Hotels by September 27, 2014.*

Plus, add *Disneyland* Resort Theme Park tickets^ for access to *Disneyland* Park and *Disney California Adventure* Park to complete your magical vacation.

Choose between:

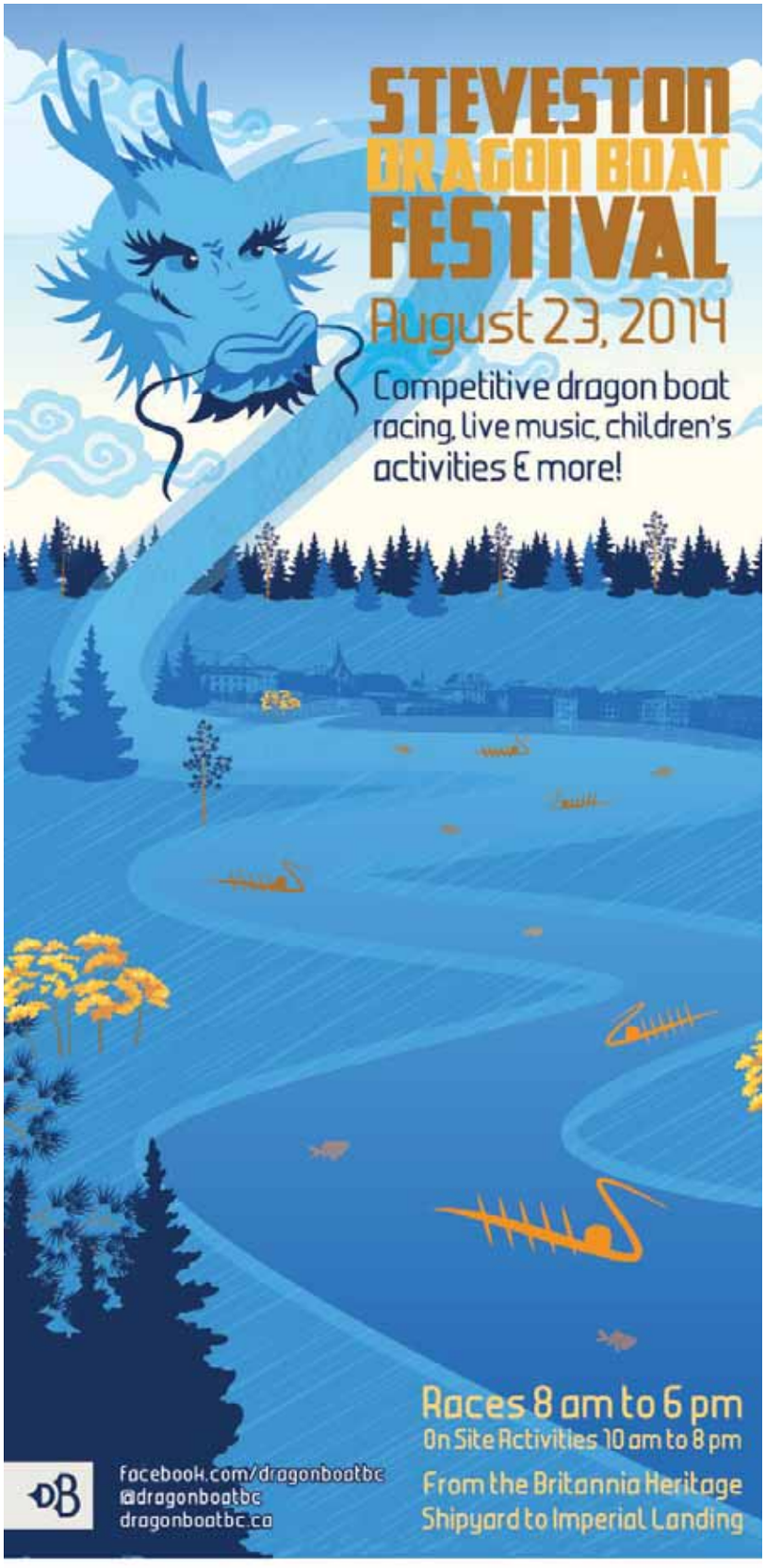
- *Disneyland* Resort *Park Hopper* Ticket
- *Disneyland* Resort *1-Park per Day* Ticket

More details at westjetvacations.com or call your travel agent.

Disneyland RESORT IN CALIFORNIA

WESTJET vacations

*Book by September 27, 2014 (11:59 p.m. MT). Package price will automatically reflect the free night when searching for qualified vacations. Blackout dates may apply. Travel window may vary depending on the property. Offer based on double occupancy. Transfers to/from the hotel are not included. ^All *Disneyland* Resort Theme Park Tickets expire 13 days after first use and each day of use of the ticket constitutes one full day of use. Applicable Theme Park, days and times of operation, and all other elements including, without limitation, operation of attractions, entertainment and services, may vary and are subject to change without notice. Subject to capacity and other restrictions. Advance booking required. Non-refundable and non-transferable. Offer limited and subject to availability. Offer subject to expire without notice. Not valid on group bookings. A fuel surcharge applies to Air Miles™ redemption bookings. Other restrictions may apply. As to Disney artwork, logos and properties: ©Disney.



Vince Neil, Nikki Sixx, Tommy Lee, and Mick Mars of Mötley Crüe pose in Los Angeles earlier this year. THE ASSOCIATED PRESS FILE

A little bit country is OK by Mötley Crüe

Nashville Outlaws. Tribute album lets country music's biggest stars shout at the devil

Vince Neil and Nikki Sixx spent so much time hanging out with country artists for a Mötley Crüe tribute album that they know how to write the classic country song.

First, the subject of a country ballad isn't that far from the life of a rock 'n' roller, the blond lead singer said as he sat in a Nashville, Tennessee hotel next to guitarist Sixx.

"You're young and you go out drinking, drugging and writing songs," Neil said. "Bad stuff happens: You lose your wife, your house, your car."

"And you write a song about it," Sixx chimed in.

Instead of a clash of cultures on the 15-song album, Nashville Outlaws: A Tribute to Mötley Crüe, Nashville's country crooners welcomed the teased-hair, leather-clad metal band whose rock anthems helped define the '80s.

Backed by Big Machine Label Group CEO Scott Borchetta, who brought to the album his wide roster of artists including Rascal Flatts, Florida Georgia Line and Brantley Gilbert, the multi-genre approach fits right in with younger fans of country music whose tastes fall all over the radio dial.

Mötley Crüe, who are in the middle of their final tour in the United States and Canada, had no input on the artists or how the songs were performed. The standout performances sound very little like the electric guitar heavy originals, such as when LeAnn Rimes sings Smokin' in the Boys Room with a horn section or when The Mavericks bring their Cuban country beat to Dr. Feelgood.

Big & Rich, Darius Rucker, Gretchen Wilson and Justin Moore also appear on the album. For some of the artists, it was the lyrics and emotions that drew them to the project. "More than anything this song is country, but it's Southern rock," Moore said of his version of Home Sweet Home, the album's lead single. "It's something you don't hear very often anymore, so I am very proud of it."

For Neil, whose father was from Texas, this isn't the country music he rebelled against as a teen who loved rock 'n' roll. "I saw Florida Georgia Line, and one of the guys has a Mohawk and tattoos," Neil said. "I mean, you can't get any more rock 'n' roll than that."

THE ASSOCIATED PRESS

Quoted

"I saw Florida Georgia Line, and one of the guys has a Mohawk and tattoos. I mean, you can't get any more rock 'n' roll than that."

Vince Neil, singer, Mötley Crüe

Canna Clinic
Medicinal Society / Cannabis Dispensary
Are You Eligible?
1132 Granville Street
604-685-0401
7 days a week: 10am to 10pm
(Friday to Saturday: "Open Late")
758 East Broadway
604-558-2454
Monday to Friday: 10am to 10pm
Saturday to Sunday: 10am to 9pm
www.mycannaclinic.com

Tom Hanks ALL PHOTOS GETTY IMAGES

Hanks and Wilson split after 26 years of marriage, but reunite a month later

Nobody likes to read bad news about professional nice guy Tom Hanks, but thankfully this has a happy ending.

According to Life & Style, Hanks and wife Rita Wilson hit a rough patch in their 26-year marriage, spending a month quietly separated. "They were leading separate lives. Although they attended social functions and walked their dogs together, they were living in separate residences," a source says.

But the trouble was only temporary, thankfully. "Tom and Rita are not just husband and wife, they are best friends. It will take a lot to split this couple up for good."

Depp's teenaged daughter lands her first starring role

Johnny Depp's 15-year-old daughter, Lily-Rose Depp, is getting in on the family business, having booked her first starring role in a film.

Lily-Rose will play one of the leads in Kevin Smith's next film, Yoga Hosers, along with Smith's 15-year-old daughter, Harley Quinn Smith, as characters that appear in a cameo in his most recent film, Tusk, according to the Hollywood Reporter.

Dad Johnny will also appear in the film.

Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Friends fear poor Barton is broke and bummed out

NED EHRBAR
Metro in Hollywood

People are really, really worried about Mischa Barton. Again.

The former O.C. star is reportedly in deep financial trouble and can't seem to get her career restarted. Given her past emotional troubles, her friends and family are fearing a relapse, according to Star magazine.

"Mischa's loved ones are concerned for her health and safety," a source says.

"It's extremely heartbreaking. She's broke and ashamed — and I'm afraid that she may try to numb the pain ... Even though she's basically broke, whiskey is cheap and she can use what's left of her money."

Star claims that Barton is more than $100,000 in debt and her $6.4 million Beverly Hills mansion is in foreclosure.

Poor Mischa Barton. It seems like the only way her name gets in the news anymore is when friends are worried about her. If these "friends" cared so much about her, maybe they could spend their time, I don't know, taking her out for a nice dinner or a spa day instead of just griping to the nearest tabloid.

Calvin Harris

Spinning his turntables into buckets of gold

How much can you make standing behind a laptop and some turntables in a Las Vegas nightclub? Much more than you'd think, apparently, as Calvin Harris knows well.

Harris was named the highest-paid DJ in the world for the second year in a row by Forbes magazine. His take-home pay for the past 12 months? Oh, only $66 million US. "The rise of dance music has been astronomical in the last three years. I happened to be in the right place at the right time," Harris tells the magazine, trying to downplay his success.

Rival DJ David Guetta came in second with a paltry $30 million.

Twitter

@bobsaget
For me, every day is John Stamos' birthday.

@samantharonson
A doorbell rang in a movie i'm watching and my dog didn't go barking her way to the front door. what is the appropriate reward?

@TomArnold
What's the name of the holiday that starts when your in-laws leave and lasts until they come back for the High Holy Days? It started today

Spend YOUR POINTS EVENT!
SATURDAY, AUGUST 23 & SUNDAY, AUGUST 24
SPEND 50,000 POINTS AND GET UP TO $100 OFF*
THAT'S AN EXTRA $15
SPEND 95,000 POINTS AND GET UP TO $200 OFF*
THAT'S AN EXTRA $30
FREE feels good
*Some conditions may apply. See store for details.
Offer valid Saturday, August 23 and Sunday, August 24, 2014 only.
SHOPPERS DRUG MART

LIFE 3

PLUS HOMES

An aroma mixed with integrity

Perfumes for peace. Barb Stegemann's scents are infused with a story and a sense of purpose

IRENE KUAN
life@metronews.ca

Barb Stegemann was on a trip to Haiti meeting suppliers for her successful perfume company The 7 Virtues when she was introduced to a Rwandan bracelet maker.

The woman told her the bracelets symbolized empowerment for HIV widows who had survived genocide in Rwanda, and with the purchase of that one bracelet, plus an invitation by the Rwanda High Commission to visit the country; the Canadian perfumer was inspired to create her next signature scent — Patchouli of Rwanda.

"Within six months I was holding the woman's hand who made my bracelet and living a dream come true, trekking into the hills of Rwanda to meet our patchouli farmers and being a part of the solution," Stegemann recalls.

The Rwandan patchouli farmers the Canadian company employs are adult orphans and widows of genocide, and through her partnership and investments, Stegemann's hope is the farmers can live with dignity and rebuild in their war-torn communities.

The company has also sourced essential oils for perfumes from countries like Afghanistan, Haiti and the Middle East, investing more than $120,000 into those regions through purchases of oil.

"We as North Americans have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world," Stegemann says.

Alphonsine is able to support her family harvesting patchouli in Rwanda. PROVIDED

Barb Stegemann PROVIDED

Patchouli is not an easy essential oil to work with, Stegemann explains, but she feels the scent of the plant evokes a host of '70s hippie sentiments that she loves. For her, the bushy herb symbolizes liberation, democracy and peace.

To truly tap into the democratic process, she travelled to London, New York City and Toronto to consult with beauty writers in designing her latest unisex fragrance.

"I wanted this scent to symbolize that carefree peace and love," she said

To create the new scent, the natural patchouli oil is blended with hints of cedar flower, freesia, red grapefruit and hibiscus, creating a refreshing Canadian-produced vegan and paraben-free perfume.

Patchouli of Rwanda is the fifth fragrance from The 7 Virtues, a startup launched by Stegemann in 2010 in Nova Scotia. She went on to pitch successfully to CBC's Dragon's Den, securing $75,000 investment from entrepreneur W. Brett Wilson and was named the show's Top Game Changer for Season 5.

Today, the company has offices in Toronto and London, U.K. and the company's line of Canadian-made fragrances are available at The Bay in Canada and in high-end department stores such as Lord & Taylor in New York City, Selfridges in London, and Galeries Lafayette in Berlin.

Take charge of change

> **"We as North Americans have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world."**
>
> Barb Stegemann
> Founder of The 7 Virtues

Newest fragrance

Patchouli of Rwanda launches on Sept. 21, in honour of The International Day of Peace. The fragrance is available at The Bay in Canada and retails for $70/50ml.

The 7 Virtues line

Middle East Peace

Afghanistan Orange Blossom

Noble Rose of Afghanistan

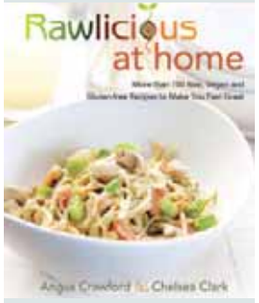
Vetiver of Haiti

ENTER AND YOU COULD WIN* FREE FUEL FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14.
For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

Cookbook of the Week

Take the cooking out of dinner



Going raw may seem intimidating, but Rawlicious at Home by Angus Crawford and Chelsea Clark makes it simple with its easy-to-follow directions, beautiful imagery and informative sections that explain the tools and methods you will use. The book boasts more than 100 raw recipes. Among the dishes are Corn Chowder, Don't Be Chicken Salad Sandwich, Lasagna, Spring Rolls, Mexican Pizza, Carrot Cake Bites and more. METRO

Forget what you know about pasta

Beet Ravioli with Basil Sauce. Eating raw isn't all about lettuce wraps. There are exciting ways to abide by raw rules while surprising guests

Angus Crawford and Chelsea Clark, authors of Rawlicious at Home, recommend soaking the nuts used in the Cashew Cheese and Basil Sauce in about three inches of water, uncovered at room temperature. Cashews should be soaked for four hours and pumpkin seeds for six.

Cashew Cheese

1. Place everything, except the water, in a food processor and process until combined.

2. Add the water and process until smooth.

Basil Sauce

1. Blend all ingredients in a blender until smooth.

This recipe serves four. ROHIT SETH

Beet Ravioli

1. Use a mandoline to thinly slice the beets. You will have some extra slices that are irregular or not complete. Select the best ones and match up in pairs for the top and bottom of each ravioli.

2. Combine the olive oil and lemon juice in a bowl, and add the beet slices. Marinate the beets for 30 minutes to soften.

3. Mix the cashew cheese with the dill.

4. Remove the beet slices from the marinade and lie flat on a cutting board. Drop 1 tsp cashew cheese in the center of half the slices.

5. Lay the remaining beet slices on top of them. Use your hands to press down and seal the edges of each ravioli, wetting your fingers with a little water to help them stick.

6. Serve with a drizzle of basil sauce overtop. RECIPES EXCERPTED FROM RAWLICIOUS AT HOME BY ANGUS CRAWFORD AND CHELSEA CLARK © 2014 COMPANY U INC. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD. A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.

Ingredients

Cashew Cheese
- 2/3 cup cashews, soaked
- 1 1/2 tsp fresh lemon juice
- 1/2 clove garlic, chopped
- 1 1/2 tsp nutritional yeast
- 1/2 tsp sea salt
- Pinch ground black pepper
- 1/4 cup filtered water

Basil Sauce
- 1/4 cup extra virgin olive oil
- 2 tbsp filtered water
- 2 tbsp pumpkin seeds, soaked
- 1/2 cup fresh basil
- 1 tsp fresh lemon juice
- 1/2 clove garlic
- 1/4 tsp ground black pepper
- Pinch sea salt

Beet Ravioli
- 6 large beets, peeled
- 4 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2/3 cup Cashew Cheese
- 3 sprigs dill, chopped
- 1/2 cup Basil Sauce

METRO CUSTOM PUBLISHING

CONTRIBUTED

Lions Pub takes pride in its fare

Nestled in the heart of Vancouver's downtown financial district lies one of the most distinguished British-fare pubs in the city.

Boasting 27 draught lines featuring some of the best import and craft beer around the world (including a recently-installed beer engine, pouring cask-conditioned ale everyday), food and drinks are always available — but don't mistake it for typical pub fare.

"We take great pride in our food program," says Doug Whidden, general manager of the Lions Pub. "We use fresh ingredients that are locally sourced. We try to keep things simple and approachable and our regulars wouldn't have it any other way."

Given the food and drink selection and the HD TVs lining the walls, it's easy to see why so many folks arrive to take part in the game-day specials for all Lions, Canucks, and Whitecaps games.

The Lions Pub is also the perfect spot for corporate and team fundraisers, or simply a get-together with friends or co-workers, as there is a semi-private area suitable for groups up to 60.

For years, this cosy restaurant has proudly served the Vancouver-area with its team of well-trained, friendly staff who are always at hand to see to your needs.

"We have a warm and welcoming staff and management team that works hard to ensure a fantastic guest experience," Whidden says.

The Lions Pub is located at 888 West Cordova St., just a few minutes away from Waterfront Station, Vancouver Convention Centre, Cruise Ship Terminal, Rogers Arena, and Canada Place.

metro

BACK TO SCHOOL

Thursday, Aug. 21, 2014

Sony Xperia Z2, left, and Nexus 7.

Tablets for the classes

Samsung Galaxy Tab S, left, and the iPad Mini.

Tech talk. There's a tablet out there for any stage of student life

MIKE YAWNEY
For Metro

It's easy to brush off tablets as larger versions of smartphones. The truth is, they can be a huge asset to students, both young and old. Here are some of the best tablets to take into the classroom this fall.

iPad Air, $519 and up

The perfect choice for students who want style, functionality, and access to some of the best apps. Apple's strict app approval process has created a top-tier marketplace with a focus on quality. Some of the most useful and productive apps such as Pages, Numbers and Keynote are available free of charge. And, let's not forget Apple's FaceTime feature, which allows you to make video calls to family and friends with the touch of a button; great for students who are away from home.

iPad Mini with Retina display, $419 and up

The power and elegance of Apple's full-sized iPad, only in a smaller package. The 7.9" screen allows users to hold the Mini comfortably in one hand, without sacrificing display quality. Despite it's small size, you can still expect up to 10 hours of use, long enough to last through even the longest lectures.

Samsung Galaxy Tab S, $419 and up

One of the thinnest and lightest tablets on the market. At 294 grams and a mere 6.6mm thick, the Samsung Galaxy Tab S is ideal for those who want productivity without the bulk. Busy students can take advantage of the multitasking feature, which allows you to check your email and surf the web at the same time. The razor sharp screen also makes it perfect for watching TV or movies ... once homework is complete, of course.

Surface Pro 3, $849 and up

Although Microsoft's latest tablet doesn't have nearly the same number of apps as its competitors, it makes up for it in other areas. Surface Pro 3 can be used as a high-end tablet, or you can purchase the keyboard accessory (sold separately) and use it as a laptop with a full version of Windows 8.1. Run thousands of programs designed for Windows and connect your favourite peripherals with the built-in USB port. The included Surface Pen let's you mark up presentations or draw right on the screen.

Sony Xperia Z2, $529.99 and up

This Android slate boasts one of the fastest processors found in any tablet. Not only does it have processing power to spare, it also has a feature rarely seen in tablets: it's waterproof. Throw it into a backpack with a lunch bag or water bottle without the fear of spills or leaks. In fact, if it gets dirty you can throw it in the sink and wash it off. The Z2 tablet is also dust and scratch resistant, adding to its overall durability.

Nexus 7, $249 and up

This budget-friendly tablet may be cheaper than others on the market, but don't let that fool you. Google's Nexus 7 tablet offers plenty of apps through Google's Play store, plus plenty of other features including long battery life and wireless charging. Younger students can also share the tablet with siblings at home with separate customizable profiles, keeping home screens, apps and storage separate for each user.

Owl Aboard!
Fall Service Changes begin
Monday, September 1
Check your route before you go – visit
translink.ca/metro
Enter to win* one of three monthly transit passes
between August 18 and September 15.
*Terms and conditions apply. Schedules are subject to change.
TRANSLINK

How to have awesome teen skin

Skin care tips. Get back to school with a clear complexion

JANINE FALCON
For Metro

Going back to school with a blemish problem isn't on anyone's list of Awesome Things. In teen minds it's very simple: I have bad skin, if I have acne; I have good, skin if I don't have acne," said Leala McInerney, senior educator for Dermalogica.

"Teens rank facial skin appearance above having fun and enjoying life," she added. The right combination of regimen and ingredients can reduce breakouts and redirect teen focus from their faces to good times (which hopefully include good grades).

Lifestyle matters

Stress, lack of sleep, and what teens eat can show up on their skin. According to Dr. Paul Cohen, a noted Toronto-based dermatologist, dairy products can trigger breakouts, especially for females; sugar and high-glycemic foods can spike insulin levels to throw pesky hormones out of whack. Not good — Dr. Cohen blames teen breakouts on raging hormones.

Set a routine now

Establishing a solid routine of cleansing, treating, moisturizing, and protecting skin in the teen years is crucial, whether or not blemishes are an issue.

Know your ingredients

Doctor-approved topical ingredients that, with daily use, minimize mild to moderate periodic teen breakouts include benzoyl peroxide and salicylic acid. Benzoyl peroxide kills bacteria that causes acne inflammation and evicts dead cells before they can clog pores. Derived from willow bark (like Aspirin), salicylic acid is a beta-hydroxy acid that helps prevent clogged pores, too. Tea tree oil has antibacterial properties that some people find effective for chasing away mild breakouts. Charcoal and kaolin clay absorb excess oil; they're used in cleansers and masks to help grease-prone skin feel clean yet soft. (Kaolin is sometimes used in makeup, too.) Silica, a mineral, also absorbs excess sebum and is usually found in makeup that helps keep oily complexions feeling fresh.

Be gentle with skin

Resist the urge to dry out acne-affected areas, which forces skin to heal itself as it recovers from the inflammation of a breakout, too.

Step up your regimen

A consistent, multi-step program is the most efficient way to deliver small doses of ingredients gently to the skin. A mild cleanser removes grime and excess sebum to prep without stripping. A medicated toner helps ingredients penetrate the top layer of skin because it's liquid and thus easy to absorb. A light, oil-free moisturizer can provide essential hydration and simultaneously keep anti-blemish ingredients in contact with skin to prevent eruptions.

Stick with sunscreen

UV rays on blemished skin can result in stubborn dark spots teens will regret later. Even worse, "burns and sun-related skin damage that occurs before the age of 18 significantly raises the risk of skin cancer later in life," stresses Dr. Cohen. Use SPF 15 or higher, and follow re-application directions.

Consonant Masque DHE Mask, left, and Aveeno Clear Complexion BB Cream.

RBC Royal Bank

STUDENTS SCORE MORE

WITH THE RBC STUDENT SOLUTION.

Students WIN* $1,000 EVERY DAY!
Details at rbc.com/studentsscore

STUDENT BANKING LEAGUE
RBC®
SOME BANKS
Low rate student line of credit[1]
No monthly fee student bank account[2]
5 free Interac‡ e-Transfers per month including to your Facebook‡ friends[3]
No annual fee rewards credit card[4] with purchase protection[5]

TM

* No purchase necessary. Contest ends September 30, 2014. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit rbc.com/rules. 1 Personal lending products are provided by Royal Bank of Canada® and subject to its standard lending criteria. Some conditions and restrictions apply. 2 Refers to the RBC Student Banking® account with no monthly fee and 25 debit transactions per month. 3 Additional *Interac* e-Transfers are $1 each. Totals are not cumulative and, if not used, cannot be carried over into the next applicable monthly cycle or calendar year. *Interac* e-Transfers to a Facebook contact currently only available for iPhone and iPad. 4 Refers to RBC Rewards® Visa‡ Gold card. Subject to credit approval. To see a list of eligible credit cards for students, please visit: rbc.com/studentcards. 5 Refers to Purchase Security and Extended Warranty Insurance. Coverage underwritten by RBC General Insurance Company in the province of Quebec and by RBC Insurance Company of Canada in the rest of Canada. All insurance is subject to limitations and exclusions. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

My decorator wish book has arrived!

The annual Ikea catalogue has dropped in houses around the world. That means there are millions of us sticking Post-it notes and bending page corners to stake claim to our favourite home decor design items. This fall I'm all about outfitting the bedroom with smart, stylish and space-saving items. Here's where my catalogue pages are dog-eared

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Fave dresser

Used as a nightstand on each side of a bed or as a standalone in a foyer, this stylish staple simply pops in persimmon orange. Hemnes 3-Drawer Dresser, $169, ikea.ca.

Sleep on it

Hydraulics allow your mattress to rise and offer up incredible storage space — about four large dresser drawers' worth! — for your tiny bedroom. Malm Pull-Up Storage Bed, $399, ikea.ca.

At the end of the bed

Practice your core exercises and gymnastics skills at night and use as a narrow bench at the end of your bed in the morning, or vice versa. PS Balance Beam Bench, $69, ikea.ca.

Best deal

This two-seater is the most stylish place to pile your clothes all week. Then after laundry day you can sit on it too! Knopparp Loveseat, $149, ikea.ca.

Valet service

Replace the dusty silk tree in the corner of your bedroom with this zinc and metal coat tree. It's the perfect way to prepare your outfit for tomorrow morning. Hemnes Hat & Coat Rack, $69, ikea.ca.

ELMER'S let's bond

© 2014 Elmer's® Products Canada, Corp.

www.elmers.ca

People who live in glass house see the stars

Japanese architect Sou Fujimoto's house of glass, and it is literally just that, sits in a residential area in Tokyo, stunning in how it quietly asserts itself, despite its transparency, turning stereotypes of housing on their heads. Instead of seeking shelter from the environment, residents experience the passage of time, seeing the sun and the stars above; watching and being watched by neighbours and passers-by. No room is defined by walls, as we know them, although drapes can be drawn for privacy. Inhabitants move from one area to another within a borderless box. At night, the home glows like a luminescent jewel.

SHIZUO KAMBAYASHI/ THE ASSOCIATED PRESS

2.34%

2-Year
Fixed Mortgage
Interest Rate.*

Get your dream home at a dream rate.

Only around until September 15

Visit a branch or
tdcanadatrust.com/mortgagerates

TD

Banking can be this comfortable.

*Assuming no additional fees are charged, the Annual Percentage Rate is the same as the Interest Rate. The Interest Rate includes a discount off of the 2-Year Closed Fixed Term Mortgage posted interest rate. Interest Rate calculated semi-annually, not in advance. Applies to residential real estate only. Application must be submitted by September 15, 2014 and funding must be completed within 120 days of application. Some conditions apply. Offer may be changed, extended or withdrawn at any time without notice. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Jays breathe a short sigh of relief, at last

Homebound. Road trip from hell ends on a good-note win over Brewers in Milwaukee

The Toronto Blue Jays are heading home with a sense of relief.

Outslugging one of the best teams in the National League can ease the sting of a 2-6 road trip.

Jose Bautista's three-run homer capped a five-run sixth inning, and Toronto snapped the Milwaukee Brewers' five-game winning streak with a 9-5 victory Wednesday.

It's time to start chipping away again in the AL East after falling a season-high nine games out of first entering the day.

"This has not been a good road trip for us; anybody will tell you that," starter R.A. Dickey said. "The home run by Jose was the difference and you could kind of hear a collective sigh on the bench."

Bautista hit a 1-2 pitch from reliever Brandon Kintzler into the Brewers' bullpen in right field, scattering pitchers from their seats. The two-out homer made a winner of Dickey (10-12), who gave up five runs in 5 2/3 choppy innings.

"In reality, that's baseball. You go through these stretches," said manager John Gibbons.

THE ASSOCIATED PRESS

Brewers' catcher Jonathan Lucroy can't handle the throw as Toronto's Munenori Kawasaki slides safely home in the sixth on Wednesday in Milwaukee. Kawasaki scored from second on a hit by Jose Reyes. MORRY GASH/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for more from Wednesday afternoon in the MLB.

→ See the full instructions on Metro's Voices page.

On Wednesday

Jays	Brewers
9	5

Beijing 2008

Armstrong finally gets his bronze

A long wait is coming to an end — Kamloops shot putter Dylan Armstrong has been awarded a third-place result from the 2008 Beijing Games.

"As a result of a lifetime ban of shot putter Andrei Mikhnevich by the International Association of Athletics Federations, the International Olympic Committee has awarded Armstrong the Olympic bronze," the Canadian Olympic Committee said in a statement.

Dylan Armstrong
GETTY IMAGES FILE

Mikhnevich, of Belarus, originally finished third.

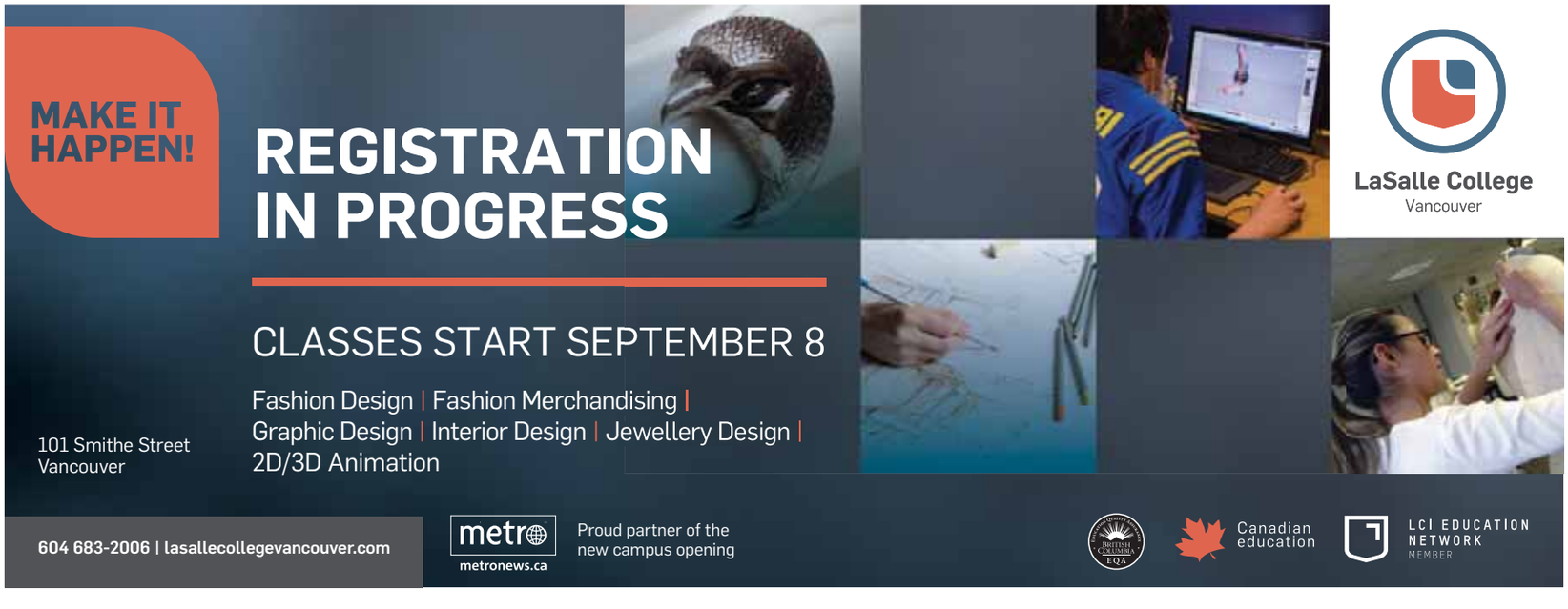
THE CANADIAN PRESS

CFL

Mark Cohon to step down

Mark Cohon says he won't return for a third term as CFL commissioner when his contract ends next April.

A lucrative television deal, the return of Ottawa to the CFL, labour peace until 2018, a more stringent drug-testing policy and new stadium projects in Saskatchewan, Winnipeg, Hamilton and Ottawa will be among Cohon's legacies. THE CANADIAN PRESS



AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun's imminent move into the wellbeing area of your chart suggests you may feel sluggish over the next few days. It's your body's way of telling you to slow down for a while.

♉ Taurus
April 21 - May 21
Over the past few weeks, cosmic activity in a sensitive area of your chart has made it hard to be positive. That will change on Saturday.

♊ Gemini
May 22 - June 21
Duties will take up a large slice of your time today, time you would no doubt prefer to spend socializing. Do what has to be done and do it well.

♋ Cancer
June 22 - July 23
The Sun's change of signs on the weekend will get your mind moving faster and expand your vision as well. You will begin to see good things you missed over the past few weeks.

♌ Leo
July 24 - Aug. 23
The Sun leaves your birth sign on Saturday, which means you need to get serious about issues that up until now you have treated as a joke.

♍ Virgo
Aug. 24 - Sept. 23
A new solar year begins for you in 48 hours time and if you want to get it off to a flying start you must clear as much junk out of your life as is humanly possible.

♎ Libra
Sept. 24 - Oct. 23
The planets warn you need to accept that you won't be able to do everything, no matter how carefully you manage your time. Get help or scale back on your ambitions — or do both.

♏ Scorpio
Oct. 24 - Nov. 22
A loved one may behave irrationally but take it in stride. Sometimes people do things that don't make any sense. You've done it a few times too.

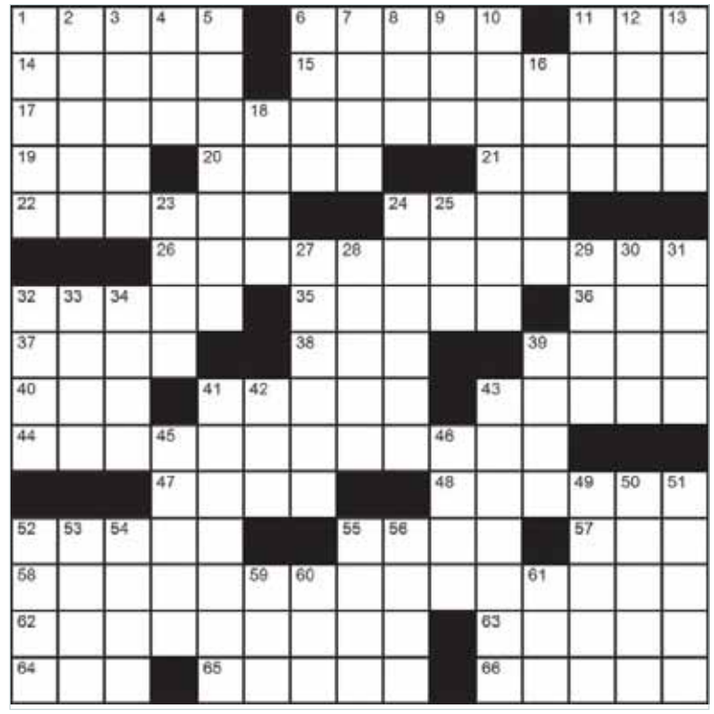
♐ Sagittarius
Nov. 23 - Dec. 21
On the weekend, the Sun moves into the career area of your chart and already you are thinking of ways to impress important people. Don't be so ambitious that they worry you might be after their job.

♑ Capricorn
Dec. 22 - Jan. 20
There are things that need to be said and Pluto in your sign, linked to communications planet Mercury, will help you find just the right words. Only concern yourself with the truth.

♒ Aquarius
Jan. 21 - Feb. 19
If you have to sign something today make sure you check the small print, because there could be some nasty surprises if you don't take care.

♓ Pisces
Feb. 20 - March 20
Whatever you focus on today will go from idea to reality quicker than you expect. Make sure your thoughts are positive.

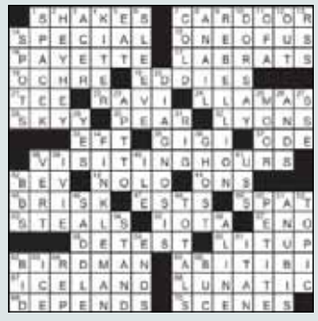
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heavenly herald
6. Acquire, as debt
11. Brad Paisley trophy, e.g.
14. Thousand: French
15. New Brunswick attraction, Cape __ Nature Centre
17. Types of Canadian archaeology digs: 3 wds.
19. Enlightenment in Buddhism
20. Highlander's skirt
21. Opera classic: "_ __ Mio"
22. Admiration
24. Exceptions
26. Internet intrusions: 2 wds.
32. Soaking spots
35. __-soprano (Operatic voice)
36. One: Spanish
37. Cook's collage
38. Gambling game, __ Gow
39. "American Idol" champ Mr. Allen
40. "East of Eden" (1955) brother
41. Tiny Fey impersonation, Sarah __
43. Hi and Lois' comical son
44. RASC = Royal __ Society of Canada, since 1868
47. __-daisy!
48. Flowery
52. Audibly astounded!
55. Pout
57. WWII soldiers
58. Middle East's ancient civilization region: 2 wds.
62. "Cars" singer: 2 wds.
63. A.A. Milne character
64. Puny day parts
65. Miffy moods
66. 'Harry Potter' movies director David

Down
1. Astonish
2. Dressed to the __
3. Spark of light
4. Slippery __
5. Paleoanthropologists Louis, Mary and Richard
6. Four-in-a-row letters
7. "__! __ simply cannot be!" (Impossible!)
8. __-de-sac
9. Internet site
10. Creamy rice
11. He who declared "Carthage must be destroyed."
12. Honey: French
13. Newfoundland: L'__ aux Meadows
16. __ _ spot (Fault-ily dust)
18. Branch
23. Reverberate
24. Bobby __: "Where I Belong" singer from Mont-Laurier, QC
25. Pretzels brand
27. Hire
28. Adjust an arrow
29. Abrupt
30. Create a cardigan
31. Ho-hum
32. __ Raton, Florida
33. "Such a shame."
34. Pinball infraction
39. Firing furnace
41. "Mary __" (1964) starring Julie Andrews
42. Years: French
43. Twinkle, twinkle... Beaver Hills __-__ Preserve, in Alberta
45. Not in top form
46. Singer Natalie
49. Showbiz bigwig
50. Hint of hue
51. "Como __?" = "How are you?" in Spanish
52. Kabul locale, briefly
53. Cars: __ shift
54. Train stn. postings
55. Hightail it
56. Pots
59. Montreal's 'Monday', mini-ly
60. Music label
61. Canuck motorists org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	4		5
4	2		5	8				3
	3							
7		1			4	8		
8								6
		5	8			7		9
							7	
2				5	1		9	8
6		3	9					

Yesterday's Sudoku

4	1	3	5	8	7	2	6	9
2	7	9	3	4	6	5	1	8
8	5	6	1	2	9	4	7	3
1	8	4	9	7	2	3	5	6
9	6	7	8	5	3	1	4	2
3	2	5	6	1	4	8	9	7
5	3	2	7	9	1	6	8	4
7	4	8	2	6	5	9	3	1
6	9	1	4	3	8	7	2	5

ENTER AND YOU COULD WIN* FREE FUEL FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
instaloans

*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012

On August 21, register and you could WIN a round trip flight for two*.

When you sign up to participate in the Canadian Breast Cancer Foundation CIBC Run for the Cure, you will be doing something great – helping create a future without breast cancer. Register today for a chance to travel from any Canadian WestJet destination to anywhere WestJet flies.

Canadian Breast Cancer Foundation

CIBC Run for the Cure†

Register to walk or run today.

CIBCrunforthecure.com

*No purchase or registration necessary. Contest opens at 12:01 AM PST and closes at 11:59 PM PST on August 21, 2014. Open to age-of-majority residents of Canada at time of entry. One prize consisting of a voucher for one round trip flight for two people from any Canadian WestJet destination to anywhere WestJet flies (maximum value of $2,900 CAD – although the actual value will depend on the destination chosen and time of booking from originating city). Odds of winning depend upon the number of eligible entries received. Skill-testing question required. For full contest rules, visit www.runforthecure.com/contest. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation.

Canadian Breast Cancer Foundation

CIBC